

WEEKDAYS

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30	Lessons	Lessons	Lessons	Lessons	Lessons
4:00					
4:25	Transition :		/Arrival Assessment/		/Temperature Check/
4:30	Youth	Fundamentals	Lessons	Youth	Lessons
5:00	Competitive 4:30-6:00	4:30-6:00		Competitive 4:30-6:00	
6:00	Transition :		/Arrival Assessment/		/Temperature Check/
6:10	ADVANCED 6:10-8:10	Mixed Competitive 6:10-8:10	ADVANCED 6:10-8:10	Mixed Competitive 6:10-8:10	Footwork/Fitness (Competitive +) 6:10-7:10
7:00					Bouting and lessons
8:00	Bouting and lessons	Bouting and lessons	Bouting and lessons	Bouting and lessons	
9:00					
10:00					

WEEKENDS

	Saturday	Sunday
10:00	Youth	
11:00	Competitive 10:00-12:00	
12:00P	Lessons	Lessons
12:55	Transition : Arrival Assessment	Temperature Check
1:00	ADVANCED 1:00-3:00 (Male class)	WOMEN ADVANCED 1:00-3:00 (Female class)
2:00		
3:00		
4:00	Bouting and lessons	Bouting and lessons
5:00		